



# Life Times

## Opening the Doors to New Opportunities

The Newsletter of the Chicopee Council on Aging

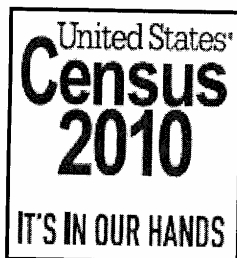
Volume 30 Number 5

March-April, 2010



**US CENSUS 2010 – EVERYONE COUNTS**

In the month of March you will be receiving 2010 US Census questionnaire. All City residents must be counted, both citizens and non-citizens. Your answers are:



**IMPORTANT –**  
Census 2010 will determine federal and state funding and political representation for the City of Chicopee for the next 10 years.

**SAFE-** Your answers are protected by law and will not be shared with ANY government agencies.

**EASY-** It only takes a few minutes to answer and return in the pre-paid postage envelop.

If you would like to learn more about Census 2010 or need help to complete the census questionnaire, please call the Registrar of Voters office at 594.1550. A Questionnaires Assistance Center will be available in the center every Monday and Wednesday from 8:30 A.M.- 1 P.M. starting March 22nd.

## Volunteers Needed for the Assessors Office

Volunteers are needed to take photographs of homes. A digital camera is available to take the pictures. Volunteers can be placed near their home or in an area of ranch homes that flow easily. Usually, it is best to do one side of the street and then the other. The best time to take the pictures is in early spring before the leaves come out. The volunteer can set his/her own schedule. The pictures are for the files only.

Persons who are interested should contact the COA as the hours spent on the project will be counted by the council. The number to call is 534.3698.

**DID YOU, OR SOMEONE YOU KNOW, WORK AT FACEMATE?**

City officials are interested in speaking with someone who worked at Facemate so that more can be learned of the inner workings of Facemate while it was in operation. If you would like to share your knowledge, contact Carl Dietz at Community Development, 594.1490

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**CHICOPEE  
SAVINGS**  
Here Today, Here To Stay.

The COA meets on the 2nd Tuesday of the month @ 4:45 P.M. The public is welcome to attend.

*Chairperson:* Charles Desmarais, Jr.; Vice  
*Chairperson* June Landa; *Secretary:* Sandra  
Peret ; *Treasurer:* Susan Tawrel  
*COA Members:* Helen Banas, Edna Doucette,  
Diane Dubreuil, Sherryl Gelinis, Harvey Lafleur,  
David Lee, Estelle Lee, Kathleen Olbrych,  
Wilfred L. Tisdell and Ruth Vanderlick

*Our mission shall be to promote the  
emotional, social, physical and spiritual  
well being of older adults.*

*Our Vision is to be an indispensable  
asset to older adults and  
the community.*

*Director.....Sandra Lapollo, B.A., MCOA  
Certified Senior Center Director*  
*Social Services Coordinator.....Jared Krok, B.A.,  
MCOA Certified, Outreach*  
*Wellness Health Center...Diane Weston, R.N.,*  
*Program Coordinator.....James Leyden, B.A.,*  
*MCOA Certified Safety and Activities*  
*Health and Fitness Coordinator, Violet Suska,*  
*A.S. in Health and Fitness, Exercise*  
*Specialist, Senior Fitness Certified, MCOA*  
*Certified in Wellness*  
*Transportation Coordinators.....Pete Hebert*  
*and Lisa Padykula, B.A.*

**Thanks go to  
Irene and Don Joyal, Fred Borys,  
The Pioneer Valley Chordsmen,  
Lisa Padykula, Stop & Shop, The  
Friends of Chicopee Senior  
Citizens, Sentry Cleaners,  
and the Willimansett Nursing  
Centers**

for their generous donations to the  
Council on Aging Programs.

Partners with the  
**Library of Congress  
Veterans' History  
Project.**

*Life Times* Newsletter  
is printed and  
distributed with funds  
provided by the City  
of Chicopee, the  
Executive Office of  
Elder Affairs, local  
businesses and  
individuals.

Member of  
National Council  
on Aging,  
Massachusetts  
Council on Aging  
and Senior  
Centers and  
Western  
Massachusetts  
Association of  
Councils on Aging  
(WMACA).

*Senior center staff is obliged to create  
an atmosphere that acknowledges the  
value of human life, affirms the dignity  
and self-worth of the older adult  
participant, and maintains a climate of  
respect, trust and support. Within this  
atmosphere, the staff creates  
opportunities for older adults to apply  
their wisdom, experience insight and to  
exercise their skills.*

**NCOA SENIOR CENTER  
SELF-ASSESSMENT AND NATIONAL  
ACCREDITATION MANUAL**

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LUCKY STRIKE RESTAURANT**

**Book Club**

The selection for Monday, March 29th is ***The Stand* by Stephen King**. This is a post apocalyptic horror/fantasy depicting the battle between good and evil.

The selection for April 26th, ***Three Cups of Tea*, by Greg Mortenson and David Oliver** tells of one man's mission to battle terrorism and build nations through founding schools.

The club meets at 1 P.M.

Anyone who loves to read and enjoys sharing is welcome to join the group. The Chicopee Public Library helps to coordinate obtaining books.

**Healthy Eating 101:  
An Affair With Exotic Spices  
Thursday, April 8th  
@ 1 P.M.**

Snow date is the following  
Thursday.

Moroccan food is one of the most cleverly balanced cuisines on earth. A variety of spices are used to enhance the flavor of dishes. Some believe that beautiful and warm aroma of spices like cumin, coriander, ginger and many others can seduce anyone to like the dish. Experience it for yourself!

This is a hands on workshop. Limited to 20 people. Tickets which are \$4 are in the COA office.

**A MATTER OF BALANCE**

**Managing Concerns About Falls**

March 9th-April 1  
Tuesdays and Thursdays  
9-11 A.M.

**You will learn to:**

- ◆ view falls as controllable
- ◆ set goals for increasing activity
- ◆ make changes to reduce fall risks at home
- ◆ exercise to increase strength and balance

**Who should attend?**

- ◆ anyone concerned about falls
- ◆ anyone interested in improving balance, flexibility and strength
- ◆ anyone who has fallen in the past
- ◆ anyone who has restricted activities because of falling concerns

Please register by calling 534.3698.  
Donations accepted.

This program is based on Fear of Falling, Trustees of Boston University. Used and adapted by permission.

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**Wii Balance Testing**

Wii Fit uses a unique balance board that has a sensitive controller capable of sensing body weight distribution and the movement of your body's center of gravity as you shift your weight back and forth and from side to side. Wii Fit calculates your body mass index (BMI) using your height. To be tested, participants will have to be comfortable stepping on a small platform similar to a scale.

Testing is by appointment. To schedule one, call 534.3698 .

## March-April Programs

**Balance for Life**  
**Explore the challenges and benefits of balance exercises that will help you to maintain an active lifestyle.**

**Gentle Yoga:** Gentle yoga is offered in monthly sessions on Tuesdays and Thursdays from 2:30-3:30 P.M. The sessions are taught by Linda Brunelle, Health Educator and Yoga Instructor. Cost is \$6 per class for those 60 years and older, \$8 for those under 60 years and \$10 for non resident younger adults. Payment is due for each monthly session on the first Tuesday and Thursday of the month.

**Tai Chi:** Slow, gentle moves designed to promote circulation and increase balance. **Wednesdays from 3-4 P.M. Cost is \$4/class.**

**Monthly Birthday Party** for those born in **March will be on Friday, March 26th** and in **April, the 30th. The entertainment for March is musician John Root and for April, singer/musician Tom Bilodeau.**

Both parties start at 1:15 P.M.

Celebrants may get a coupon at the Senior Center. Those whose birthdays do not fall in the month may purchase a ticket for \$1.

**If you need a ride to the party, you must call Transportation at 536.5733 by the Tuesday before the party.**

### **BRAIN FITNESS!**

**Mah Jongg** is played on Thursdays beginning at 1 P.M. Games usually last until 3:30 P.M. Mah Jongg is one of the games considered to be mind building.

### **Morning Cribbage**

Cribbage is played every Tuesday and Thursday mornings starting at 9 A.M. Whether you are an experienced player or someone who would love to learn the game, you are welcome to join this fun group.

### **Afternoon Cribbage**

Cribbage is played every Wednesday afternoon starting at 1 P.M.

### **Sudoku & Puzzle Club**

#### **Wednesdays @ 10 A.M.**

Solving puzzles helps to build brain cells and improve memory.

Word, cross and numerical puzzles are solved.

### **Visits to Birch Manor:**

The volunteers who play board games with the residents will start on April 13th.

There is also an exercise class with Volunteers and residents every Thursday @ 2:30 P.M.

### **Center Closings**

**The center will be closed at 12:30 P.M. on April 2nd and be closed for Patriot's Day on Monday, April 19th.**

## Life Long Learning Opportunities: Classes and Groups

**Beading:** Classes are held on the 2nd and 4th Thursdays from 10 A.M. to noon. Please bring your own materials.

**Country Aerobics and Weights** is offered on Tuesdays and Thursdays at 8:40 A.M.

**Computer** classes for beginners, intermediate and internet are offered on Tuesday @ 11 A.M. and 1 P.M. and Fridays at 1 and 2:30 P.M. Cost is \$20 for the four week session and must be paid **one week prior** to the start of the session. Interested persons should call 534.3698 to have their names placed on the list and learners will receive a call when there is an opening.

**Gentle Exercise:** Mon., Wed. & Fri., 10-11 A.M. offers exercises that are both standing and seated. Focus is on functional movement and fun. Newcomers must come on Thursdays at 10 A.M. as space is limited.

**Fit For Life:** This energetic class features a 30 minute aerobic workout along with strength, balance and flexibility training. Mondays, Wednesdays and Fridays from 8:40-10 A.M.

**Knitting** instructor Mona Briere helps beginners to the very advanced. This group is from 9:30 to 11:30 A.M. every Friday. Bring your yarn and have a good time while learning. Cost is \$1/class.

Unless noted as happening at another location, all programs and activities in this newsletter take place in the center.

**Morning Stretch and Strength** from 8-8:30 A.M. is a great way to start the day.

**Tap- Beginner-Intermediate** classes taught by Diane Shields start at 1 P.M., and at 2 P.M. for **intermediate-advanced** on Wednesdays. Cost is \$4/class. Payment for the month must be made on the first Wednesday of the month.

**Intermediate-Advanced Tap Technique** and dance is offered on Mondays at 1 P.M. The cost is the same and is due at the first class of the month.

**Walking Group** (weather permitting) meets on Tuesdays and Thursdays at 9:45 A.M. for an hour of friendship and exercise. All levels of walkers are welcome as the distance ranges from 1-3 miles.

**Watercolor Painting:** Every Tuesday, those who love to do watercolor painting join together at 1 P.M. to share their ideas.

**Wood Carving Group** An informal group of persons who enjoy carving wood meet on Mondays at 9 A.M. During tax assistance season, the group will meet on the 1st Thursday instead of the 1st Monday.

**Writing Group** meets on the first and third Fridays from 1-2:15 P.M. Anyone interested in writing is welcome to join this informal group. Bring paper, pen or pencil and your ideas!

*To register for classes/  
programs, call 534.3698,  
8 A.M. to 4 P.M.,  
Mon. through Fri.*

## March- April, 2010 Weekly Services/Activities

Monday	Tuesday	Wednesday	Thursday	Friday
9-12 Wellness Health Center	8:35 Low Impact Country	9-12 Wellness Health Center	8:35 Low Impact Country Aerobics	9-12 Wellness Health Center
8:00-8:30 Morning Stretch & Strength	Aerobics	8:00-8:30 Morning Stretch & Strength	9-11 Cribbage	8:00-8:30 Morning Stretch & Strength
8:40 Fit for Life	9-11 Cribbage	8:40 Fit for Life	9-11 A Matter of Balance	8:40 Fit for Life
9 Wood Working	9-11 A Matter of Balance	9-noon *Taxes	9:45 Walking	9:30 Knitting
9- noon* Taxes	9:45 Walking	10 Gentle Exercise	11:45 Meals	10 Gentle Exercise
9-11:30 Library Services	11, 12:30 Computers	10 Sudoku and Puzzles	1-3:30 Mah Jongg	10:30 PACE
10 Gentle Exercise	11:45 Meals	11:45 Meals	1-4 Bridge	11:45 Meals
11:45 Meals	1-4 Bridge	1-3 Cribbage	2:30-3:30 Gentle Yoga	1, 2:30 Computers
1 Int./Adv. Tap Technique	1-3:30 Water Color Painting	1 Wii Bowling		1-3 Bingo
& Dance	2:30-3:30 Gentle Yoga	1 Beg./Int. Tap	Yoga on April 8th will be from 2:45 to 3:45 P.M.	No bingo on March 26th or April 30th
1:30 PACE		1-3* SHINE		
2-2:45 Beginner Tap		2 Int./Adv. Tap		
		3 Tai Chi		
		4 Never Too Late		

## Monthly Services/Activities

\*By appointment/  
registration requested

\*A Matter of Balance, Tues. & Thurs., 9-11 A.M., starting March 9th, pg. 3  
 Beading, 2nd & 4th Thursdays @ 10 A.M., page 5  
 Birch Manor Exercise Program, Thursdays, 2:30-3:30 P.M., pg. 4  
 \*Birthday Party, 1:15 P.M., Fri., **March 26th** and Fri., **April 30th**, page 4  
 Book Club, Monday, March 29th & April 26th @ 1 P.M., pg. 3  
 \* **Cholesterol Screening**, Wednesday, March 10th from 9 A.M.-noon, pg. 10  
 \*Foot Care, 9 A.M., Monday, March 1st & April 5th, page 10  
 Friends, Friday, March 12th and April 9th @ 10 A.M., page 15  
 \*Hearing, 1 P.M., Friday, March 5th & April 9th, page 10  
 \***Healthy Eating 101: , An Affair with Exotic Spices**, Thursday, April 8th @ 1 P.M., \$4, pg. 3  
 \***Healthier You 101: You and Your Cholesterol**, Wed., April 21st @ 10:45 A.M., pg.11  
 \*Massage (Chair), 9:20 A.M, Friday, March 19th & April 16th & Thurs., March 4th & April 1st, page 10  
 S.A.L.T. Council Meeting, Friday, March 12th, 8:30 A.M., page 9  
**Senator Michael Knapik's Office Hours**, Monday, April 5th from 9-10 A.M.  
 Travel Club Meeting, 9:30 A.M., Tues., March 30th & April 27th, page 12  
 Trips:  
     *Lion King*, 8 A.M., Tues.-Wed., Mar. 10th & 11th  
     St. Patrick's Day/*The Jolly Rogues*, 10 A.M., Tues., March 16th  
     Boston Flower Show, 9:15 A.M., Thurs., March 25th  
     Foxwoods Casino, 8 A.M., Tues., April 6th  
     King Ward Mystery Tour, 8:30 A.M., Wed., April 14th  
     Loretta Laroche & Mohegan, 8:30 A.M., Tues., April 20th  
 \*Wii Balance Testing by appointment  
 Writing Group, 1 P.M., Friday, March 5th & 19th, April 16th

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KING WARD LINES

*Senior Centers are  
spiritual, mental and  
physical  
Wellness Centers.*



**Being In Good Company, 4th  
Tuesday, from 10-11 A.M.**

Coping with sadness or loss can be difficult. This group helps older adults feel better about their feelings.

Co-sponsored with Hawthorn Services.

**Diabetic Support Group,**

**2nd Monday at 1:30-3:30 P.M.** The group will meet on **Monday, March 8th and April 12th**. This group facilitated by Diane Weston, R.N. helps older adults manage their illness.

**Grandparents As Parents**- See page 8 for details.

**ALZHEIMER'S Caregivers**

**Support Group**, 3rd Wed., 3:30- 5:30 P.M. Offers assistance to those who are providing care to any elder with memory loss. The group meets March 17th and April 21st.

The group is facilitated by The Atrium, which is a co-sponsor, and Jared Krok, Social Services Coordinator.

**Men's Group: Fourth Monday** of every month at 10 A.M. **On March 22nd, the group will meet at 1 P.M.** This group focuses on topics of interest to men. If you are interested, call Jared at 534.3698.

**Veteran's Voice- Are you a veteran who is interested in spending time with others?** Join us on Thursday, March 26th and April 25th @ 1 p.m. Coffee and treats are served.

**Center Closing Due to  
Inclement Weather**

The center may close or delay opening when the weather conditions warrant such action. Unless city hall is closed, the staff reports as usual. However, rides may be cancelled or postponed if the conditions are unsafe. Please listen to local television and radio stations for closings.

**Living Again, a support group for those who have suffered the loss of a loved one, meets on the 2nd Tuesday of each month at 1 P.M. For more information, call Jared at 534.3698 or Irene Remillard at 594.6092.**

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POLISH NATIONAL CREDIT UNION**

**Grandparents As Parents Program**

The Grandparents As Parents Program provides: support, education, resources and social programs for grandparents who have assumed this caregiving responsibility.

**YOU ARE NOT ALONE!**

**In Massachusetts, there are 67,781 children living in grandparent headed households.**

The Grandparents As Parents support group meets the 3rd Tuesday of each month from 6 to 7:15 P.M. in the Chicopee Senior Center. Child care is available during the meeting. Call Jim Leyden, 534-3698 for further details.

This program is made possible through the efforts of **Senator Michael Knapik, the Executive Office of Elder Affairs and The City of Chicopee.**

**The Lussier Outreach Project**

The Lussier Outreach Project consists of home visits made to older adults who may not know about the many services and programs available to them. The workers can also help with applications.

If you would like to schedule a visit or you know someone whom you would like to get a visit, you may call Jared at the Senior Center, 534.3698.

**Discounted Tickets for the PVTA Van Service**

Discounted tickets to use for PVTA van service are sold in the center. Cost is \$47.50 for 20 tickets.

-----  
This is for your convenience in making a **gift to the Council on Aging that will enhance services for older adults in our community today and tomorrow.**

The individuals or families of those you have so honored will be notified of your contribution.

**Your support is greatly appreciated.**  
Mail to: Chicopee Council on Aging, 7  
Valley View Court, Chicopee, MA 01020

I am enclosing \$ \_\_\_\_\_  
Make payable to The Friends of Chicopee Senior Citizens

This donation is to be used for the

☐ **Lussier Outreach Project.**

☐ **New Building Fund**

☐ **Memorial**

Send card to \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Donor's Name \_\_\_\_\_

Address \_\_\_\_\_



**S.A.L.T. COUNCIL**  
**(Seniors And Law Enforcement Together)**

**The Attorney General of Massachusetts warns consumers to be aware of  
Medicare Prescription Drug Plan Scams.**

Medicare prescription drug plans are offered by private companies and organizations, and must meet specific federal standards and be approved by the Centers for Medicare & Medicaid Services. It is extremely important for consumers to be familiar with the standards and expectations for these plans, to avoid being scammed.

**Beware of:**

**Offers of prizes or money in return for joining a prescription drug plan.**

Companies and organizations can offer modest prizes or benefits to promote their plans, but it is illegal to require anyone to join a drug plan in order to get a prize or a gift.

**Threats of losing other Medicare benefits.** The Medicare prescription drug benefit is voluntary and is intended to supplement your other Medicare benefits. There is no requirement to join.

**Calls from the Social Security Administration seeking personal information.**

The Social Security Administration will never call seeking personal information such as bank account or credit card numbers.

**Materials that appear to be from the government.** Scammers may create documents and/or sales materials that appear to be from a government agency. These prescription drug plans are offered by private companies, not government agencies, so be wary of promotional materials. **If you have been a victim of a Medicare plan scam or to file a complaint, call the Consumer Hotline at (617) 727-8400.**

**Haiti Recovery/Relief Scams:**

As reported by ABC News, scammers are quickly emerging following the earthquake in Haiti.

**Please Remember:** Some charitable organizations use names that are very similar to those of respected organizations and may not be charities at all. **Make a donation by giving directly to a charity you know and trust. Be cautious when giving online. Genuine charities do not send unsolicited e-mails and you should not click on links in spam messages soliciting donations.**

The next **S.A.L.T. Council meeting**  
**will be held on Friday, March 5th @**  
**8:30 A.M.**

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SPONSORED BY**

**John P. Kirvin, D.M.D. and Daniel F. Thomas  
D.D.S., 536 Grattan Street, 532.7183**

**Clinics provided by the  
CHICOPEE VISITING NURSES ASSOCIATION  
BLOOD PRESSURE/HEALTH COUNSELING CLINICS  
FOR THE MONTHS OF MARCH-APRIL**

Kida Apts.	Thurs.	Mar. 4th & April 8th	9-11 A.M.	
Fairhaven Apts.	Tues.	Mar. 9th & April 13th	9-11 a.m.	
Council on Aging	Wed.	Mar. 10th & April 14th	9-11 A.M.	
Birch Bark	Thurs.	Mar. 11th & April 15th	9-11 A.M.	
Polish Home	Tues.	Mar. 16th & April 20th	9-11 A.M.	
Canterbury Arms	Thurs.	None in Mar., Apr. 22nd	8:30-10 A.M.	
Falls View Apts.	Thurs.	March 18th & Apr. 22nd	9-10:30 A.M. 10:15-11:15 A.M.	
McKinley House	Fri.	Mar. 19th & April 23rd	9-11 A.M.	
Chicopee Library	Wed.	Mar. 3rd & April 7th	10:30-Noon	

All residents of Chicopee, 60 years of age and over, are invited to attend.

**SHINE: Health Insurance  
Information: Wednesdays,  
1 to 3 P.M.**

Please call 534.3698 for an  
appointment with  
Alan Banusewicz.

**Foot Clinic  
Monday,  
March 1st &  
April 5th  
9 A.M. - 2 P.M.  
Cost: \$28.00**

**Hearing Service  
Friday, March 5th &  
April 9th at 1 P.M.**

Includes a hearing evaluation,  
hearing aid check and cleaning.

Appointments must be scheduled  
with the receptionist, 534.3698.

**Chair Massage**

**\$10 per 15 minute appointment.**

Call 534.3698 to schedule on Friday, March 19th and April 16th and **Thursday, March 4th and April 1st** starting at 9:20 A.M. Gina Welch of the CranioSacral and Massage Center, Inc. provides sessions designed to help relieve stress and pain while encouraging blood circulation.

For an appointment call, 534.3698.

Two cancellations of less than 24 hours or no shows will require pre-payment of the appointment.

# WELLNESS HEALTH CENTER

**Monday and Wednesday**  
**8 A.M.- 1 P.M.**



**Friday**  
**9 A.M. to Noon**  
Diane Weston, R.N.

The Wellness Health Center provides one on one consultation for medication, weight and sugar level monitoring. Older adults are served on a first come, first served basis. There is no fee for this service. Funded through the Older Americans Funds provided by WestMass ElderCare, Inc. and the City of Chicopee.

## **Healthier You: You and Your Cholesterol**

**Wednesday, April 21st**  
**10:45 A.M.**  
Oct Room

There will be a discussion of why you have cholesterol, what lab numbers mean, how medications work and how your diets either help or hurt you.

Pre-registration is encouraged and may be made by calling 534.3698.

## **Winter Blues**

Although we might have hopes of spring coming, winter seasonal sadness can still be a problem this time of year. Many older adults experience *winter blues*. Symptoms may include a feeling of sadness, tired feeling, a bit of weight gain, difficulty getting out of bed due to lack of energy, increased need for sleep and craving sweets.

If you feel you are experiencing these issues, you should speak with your doctor.

**As a reminder**, March is still a winter month. So it is important to keep hands, feet and ears well covered when going outside. In extreme cold, it takes only 30 seconds for frost bite to set in. Also, be careful when walking during wintry weather.

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**Please help to keep everyone healthy by staying home if you have symptoms of the flu or a cold. Thank you.**

## **Fallon Health Plan Representative**

A Fallon representative will be available to provide information and answer questions on Wednesday, March 17th @ 1:30 P.M.

# TRAVEL INFORMATION- CHICOPEE SENIOR TRAVEL CLUB

## DAY TRIPS

March 16th, St. Patrick's Day Luncheon and  
Show with the Jolly Rogues  
March 25th, Boston Flower Show  
April 14th, King Ward Mystery Tour  
April 20th, Loretta Laroche @ Mohegan Sun  
May 4th, *Church Basement Ladies*  
May 16th, *The Producers*  
May 30th, *Annie Get Your Gun*  
June 10th, *Anything Goes* @ MacHaydn Theater  
June 27th-*Rent* @ Thomaston Opera  
House  
July 6th, Mohegan Sun  
July 12th, Rhode Island Lighthouse Cruise

## UPCOMING DAY TRIPS

July 18th, Chicago  
Aug. 10th, Lobster Playhouse

**Travel Club Planners  
Meeting**  
9 A.M.,  
Monday, March 8th  
and April 12th.

The next Travel Club  
Meetings will be at  
9:30 A.M. on  
Tuesday, March 30th  
and  
April 27th.

## OVERNIGHT TRIPS

March 10th-11th, Disney on Broadway  
*Lion King*  
April 26th-28th, Sox and Slots  
May 13th-16th, Washington, D.C.  
June 1st- 4th, Penn Dutch featuring *Joseph*  
September 25th-October 4th Atlantic  
Canada Cruise

Passport Applications and Renewal forms are  
available at the Travel Desk  
Monday through Friday  
12-3 P.M.

Telephone is 534.3698.  
Travel Desk is open noon to 3 P.M.,  
Monday through Friday.

## Travel Planners:

Ruth Mueller, President  
Jeanne Gendron, Treasurer  
Claire Gemme, Planner  
Mary Ann Larkin, Planner  
Mary Zacharkow, Secretary

ALL RESERVATIONS ARE MADE WITH A NON REFUNDABLE \$2 DEPOSIT. Larger deposits required on overnight trips. Balance is due four (4) weeks before the trip. Cancellation insurance will be offered on multi-day trips. No refunds will be made after the balance due date, unless a replacement is found. There will be **NO REFUND** on a **NO SHOW** on the day of the trip. We are not responsible for accidents occurring on these trips. You travel with us at your own risk and we are not responsible for any liability. In case of an accident, please carry your insurance cards and a list of medications.

**Please note: Seats on the bus are assigned when you pay in full for your trip.**

Make your check payable to the Chicopee Senior Travel Club. Please remember, we cannot accept cash over \$20.

**THIS PAGE WAS PAID FOR BY THE CHICOPEE SENIOR TRAVEL CLUB.**

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ALDENVILLE CREDIT UNION.

## **SERVICES AND INFORMATION**

### **Four Things YOU Can Do to Prevent Falls**

1. Begin a regular exercise program.  
✓ Exercises that improve balance and coordination like Tai Chi and A Matter of Balance are most helpful.  
✓ Lack of exercise leads to weakness and improves your chances of falling.
2. Have your health care provider review your medicines. Some medications or combinations can make you dizzy or sleepy and cause you to fall.
3. Have your vision checked. Poor vision increases your chance of falling.
4. Make your home safe. About half of all falls happen at home. To make your home safer:  
  
✓ Remove things you can trip over (i.e. papers, books, clothes and shoes) from stairs and places where you walk.  
  
✓ Remove small throw rugs or use double stick tape to keep the rugs from slipping.  
  
✓ Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light weight curtains or shades to reduce glare.  
  
✓ Wear shoes both inside and outside your home.  
  
✓ Have handrails and lights put in all stair cases.  
Reprinted from Pennsylvania Health Department.

### **FUEL ASSISTANCE**

Fuel Assistance is a federally funded program that assists income eligible households in paying for home heating costs. Eligibility is based on "gross" yearly income. The income guidelines for the 2009-2010 season are:

**\$29,126 for one person household.**  
**\$38,087 for a two person household.**

To apply for fuel assistance, you have to fill out an application and submit documentation along with the application. The documentation that needs to be submitted is as follows:

#### **-verification of your monthly income.**

This includes Social Security benefits, pensions, IRA or 401K distributions, Veteran's benefits, interest and dividend income, wages and unemployment benefits.

Along with income verification, you also have to provide verification of your identity and your address.

For more information or to apply, please call Jared at the Senior Center at 534-3698.

## LIFE TIMES

**Yes, I want to support Life Times.** Checks should be made out to *Life Times* and mailed to 7 Valley View Court, Chicopee, MA 01020. Your donation of \$6 or more is greatly appreciated.

Thank you to all who have donated.

Name \_\_\_\_\_

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Do you want your name published in Life Times?

— yes — no

**Won't you think of adding your name to the list of contributors by sending your donation today?**

Thank you to those who contributed in December & January. We run as many names as possible, so please be patient. Thank you.

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**Thank you!**

**THE FRIENDS OF CHICOPEE SENIOR CITIZENS, INC.,  
a 501 (c)(3) non- profit organization dedicated to helping older adults.**

**IT'S TIME  
FOR A NEW CHICOPEE SENIOR CENTER**

The Friends of Chicopee Senior Citizens, Inc. have a fund to provide adequate space for the older adults and the leading edge boomers in the coming years. If you would like to help, please make your tax deductible donation to the Friends of Chicopee Senior Citizens Building Fund. Together we can build for now and the future.

***FRIENDS  
MEETINGS***

*Friday, March 12th & April 9th @ 10 A.M.  
Please join us in working together for  
older adults in the city.*

FRIENDS WHO HAVE JOINED IN DECEMBER &  
JANUARY (\*\*INDICATES NEW MEMBERS)

Lucille Avery	Irene Hambley
Winona Baran	Robert Jamison
C. & V. Bauch	Jane & Jim Jarosz
Barbara Bielizna	Marcella Kenney
Verna Carduff	Phyllis Kos
Evelyn Cebula	Eileen & Willaim
Donalda V. Collins	Labonte
Dana & Dorothy Cutter	Freda Labrie
George & Judy Czelusniak	George LaChapelle
Mr. & Mrs. D. Denoncourt	Dolores M. Lak
Lauria C. Demers	Frank & Ann Ludwig
Helen Dziekan	Brenda Maggi
Agnes Elsdon	Robert Mashia
Joan Fitzgerald	Dan & Gail McCreanor
Richard Freitag	Stephen Michalik
Marjorie Fontaine	Monique Norin
Donald & Una Gagne	Stanley & Irene Nowak
Therese Gagnon	Thomas O'Brien
Ralph & Shirley Gunning	Annette Parent

***UNUSED CELL PHONES***

The Friends are currently collecting unused cell phones to benefit the New Building Fund. If you would like to donate one, please drop it off at the Senior Center, 7 Valley View Court, the Mayor's Office in City Hall and the Main Library.

**Car Wash Coupons  
2 coupons for \$7  
On sale Mondays, 10-noon,  
Tuesdays, Wednesdays  
and Thursdays, 10-1 P.M.**

Alice Pasterczyk  
Frank Wilk  
Jane Wisk

Please enroll me in the Friends of Chicopee Senior Citizens, Inc. Enclosed is a check for \$5 per person.  
NAME \_\_\_\_\_  
Address \_\_\_\_\_  
Telephone \_\_\_\_\_  
PLEASE PRINT YOUR NAME. THANK YOU.

I would also like to make a donation to the following:

\_\_\_\_\_ Membership      \_\_\_\_\_ Building  
\_\_\_\_\_ Memorial

MAIL TO THE  
CHICOPEE COUNCIL ON AGING  
7 VALLEY VIEW COURT  
CHICOPEE, MA 01020

**Recently, the following have given to the New Building Fund in December and January. We thank them.**

Arlene Kozlowski	Cribbage
Claire & Alice Ruel	Elaine Hamelin
Alice Denoncourt	Chong Sun Lawrence
Richard Freitag	Ann Ludwig
Donald & Una Gagne	James Shea
Ethel Kirk	Ted & Pam Ondrick
Theodore & Helen Les	Jeannette Newton
Agnes Elsdon	The Club
Mary Pieczarka	Stephen Buoniconti
Barbara Bielzna	Bridge Club
Irene Hambley	Norman Larue
Lucien Grondin	Mah Jongg
Thomas O'Brien	Lauria Demers
Robert Nelson	Jean & Jeanne Denoncourt

We would like to thank Lorenda J. Lewis-Carmen who gave **in memory of Fumiko Hines** and Andrew Matson. Both of them donated \$1,000.

For Jared's help: Mercedes Terrell,  
Anonymous

**In Memory of:**

**Walter Magiarz:** Irene Wojciak

**Florence Blanchette:** Robert & Joanne Kenney

**Marion Whelen:** Edith Blair

**Mary Ann Machnik:** Alice Kowal

**Max M. Zagula:** Wake Tech. Community College

**Shirley Fournier:** Eileen Labonte

**Anne Butova:** Janice Kapper, Claire Laramé Lauria Demers, June Landa, Irene Wozniak, Joan Desmarais, Bridge Club

**Lena Minkos:** John Minkos

**Ardelle Bell:** Jean & Jeanne Denoncourt

**Grace Boucher:** Steffie Czaprowski

**Esther M. Fitch:** Robin & Bob Goshea, Doreen Gallagher, James & Lorraine Patrick

Anne Marie Sugarmeyer: Mary & Bob Bozak

**Shirley Wentworth:** Genevieve Sonoski

**Esther Fitch (Dennis):** Southwick Post Office

**Norman Ritchott:** Evangeline Roy

**Roger Ritchott:** Evangeline Roy

**LIFE TIMES**

CHICOPEE SENIOR CENTER/  
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7 Valley View Court  
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**7 Valley View Court**  
**Chicopee, MA 01020**  
**Open Monday - Friday,**  
**8 A.M. to 4 P.M.**

**COA PHONE NUMBERS**

**For program registration and information**  
**534.3698**

Voice TTD **533.7333**

**Transportation 536.5733**

**Meal Site 535.2521**

**Travel Desk Noon-3 P.M., 534.3698**

**FAX 534.9046**

**Web Site:** <http://www.chicopeema.gov>